

WOMEN'S healthsource



Marti Stine enjoys a soothing hand massage at the Cancer Center of Paoli Hospital.

SPRING 2013 | WATER WORKOUTS FOR JOINT PAIN |
YOUR TEEN'S ONLINE HABITS | SHOULD YOU TAKE THAT ACHE
SERIOUSLY? | CANCER CARE FOR THE WHOLE PERSON



Main Line Health



Wash Away Joint Pain with a Water Workout

Come on in, the water's fine—especially for aching, swollen joints. Exercising in water is a great way to ease arthritis pain. By reducing the pull of gravity on the body, water decreases stress on joints, making movements more fluid and less jarring. Warm water can be quite soothing, helping to relax muscles and relieve pain during exercise.

Three Ways to Beat Arthritis Pain

Experts recommend three types of exercise for people who have arthritis:

- 1. Gentle stretches and range-of-motion exercises.** These are extremely important to any arthritis exercise program. The antigravity effect of water can help with balance and allow you to do stretches that might be too difficult on land.
- 2. Strengthening exercises.** Building or maintaining strong muscles helps support and protect joints. In the pool, the water takes the place of weights and provides resistance to build muscle without risking overuse and injury.
- 3. Aerobic exercises.** Swimming, jogging, or even walking laps in the pool are great ways to get aerobic exercise, helping to control weight and reduce joint pain and swelling.

“Strength, flexibility, and aerobic exercise are extremely important, particularly in people with arthritis,” says Eric Levicoff, MD, orthopedic surgeon with Bryn Mawr Hospital. Most people with arthritis should aim to do some type of flexibility exercises every day and strength exercises two to four times a week.

“Engaging in aerobic exercise for 30 minutes at least three times per week can improve cardiovascular fitness, prevent weight gain, and improve muscle tone,” adds Dr. Levicoff. “Water-based programs provide many benefits, and they’re an excellent way to add variety to your workouts.”

Tips for a Better Workout

Following these guidelines will help you exercise safely:

- **Be consistent.** “Find a time of day that routinely works for your schedule, and plan to devote at least 20 to 30 minutes without distractions for your workout,” Dr. Levicoff says.
- **Go hot and cold.** Try heating pads and cold packs. Heat relaxes your joints and muscles and helps get them ready for exercise. Cold reduces inflammation and swelling and can help reduce postworkout soreness.

- **Warm up first.** Do gentle range-of-motion and strengthening exercises at least 10 to 15 minutes before performing more vigorous aerobic exercises.
- **Don't do too much too soon.** Building endurance should be a gradual process. Be sure to allow enough time for recuperation between workouts. Some soreness is fine after a workout, but pain is not. If the soreness prevents you from doing the rest of your activities for the day, you've done too much.
- **Cool down for five to 10 minutes after exercising.** To cool down, simply do your exercise activity at a slower pace. End with gentle stretching exercises.

“Though water workouts are safe for most people with arthritis, always check with your doctor before starting an exercise program,” Dr. Levicoff adds. “Similarly, if joint pain and soreness persist, consult with your doctor.” ●

Relief for Joint Pain

Find solutions to shoulder, hip, knee, and other joint pain by attending FREE seminars offered through Main Line Health. Call **1.866.CALL.MLH** for scheduling information.

Be Aware of Your Teen's Online Habits

We all know the benefits of cell phones and the Internet. But social networking sites like Facebook can bring outside dangers into your home. Here's how to protect your kids.

Safety Strategies

Teach your child to keep private information private and never reveal his or her name, age, sex, or location online. Other strategies:

- Discuss the consequences of sending inappropriate messages and pictures, which can include legal action.
- Set up browser filters for language, nudity, and violence, or use a browser created just for kids.
- Create your own profile on the social networking sites your child uses and require your child to "friend" you on Facebook. Check the privacy settings on your child's account.
- Check your computer history and your child's cell phone. Be transparent and let your kids know what you're doing.
- Set family time limits for using the Internet and electronic devices.

"Parents should be role models for their children and lessen the amount of time they're online themselves," says

Deborah Schein, MD, Nemours pediatric hospitalist, Bryn Mawr Hospital.

Keep Alert for Cyberbullying

Almost half of American teens have been affected by cyberbullying, which involves the use of electronic outlets to harass or threaten others. For example, someone may post rumors about peers on an online discussion board or distribute embarrassing photos via text.

In addition to the recommendations above, learn the warning signs of trouble: skipping activities for Internet or cell phone use; weight loss or gain; a drop in grades. Contact your pediatrician for advice if any of these symptoms are occurring.

If your child tells you about being harassed, print out the message and contact your Internet service provider. Don't threaten to revoke your child's computer privileges. This is the main reason they won't tell adults when they're being cyberbullied. ●



Let's Talk

Visit the Women's Health Source Facebook page to

share your tips for keeping kids safe online.



When to Take Common Aches Seriously

Everyone experiences aches and pains from time to time. But when is it serious? Here's help deciding when to call your health care provider.

› **STOMACH PAIN.** Severe or even mild pain in your abdomen can signal a serious problem. If mild pain lasts a week or more, call your doctor. Go to an emergency department immediately if you:

- Have sudden, sharp pain
- Vomit blood or have blood in your stool
- Experience pain in the chest, neck, or shoulder
- Can't move your bowels, especially if you're vomiting
- Notice your abdomen is stiff, hard, and tender

› **HEARTBURN.** A burning pain in your chest or throat could signal heartburn. Chronic heartburn can irritate, inflame, and damage the esophagus, causing permanent injury. If you consistently experience heartburn more than twice a week, you may have gastroesophageal reflux disease (GERD). Treatment may include lifestyle changes, medications, or surgery.

If you experience crushing chest pain, call 911 immediately. It could be a heart attack.

"Most aches and pains aren't serious medical issues. However, it's important not to ignore signals our bodies may be sending us," says Lisa A. Adams, CRNP, nurse practitioner at Main Line HealthCare in Audubon.

When Was Your Last Physical?

If you're due for a checkup, call **1.888.876.8764** for an appointment with a Main Line Health physician.

Back to Life

Incontinence Treatment Brings Dramatic Results

Over two decades, Evelyn Bernatowicz tried many things to improve her bowel control problems. The Media woman changed her diet, cutting down on coffee and foods that could trigger an accident. She had two surgeries—one in 2002 on the bladder and rectum, another in 2007 to repair her anal sphincter muscle. She wasn't sure what caused her incontinence, an involuntary loss of urine or stool, but none of the treatments helped much.

"I'd had five children, all eight or nine pounds," Evelyn says. "I thought that could be a reason."

Evelyn's incontinence progressed until she was having three to four accidents a week. She wore absorbent undergarments. For added protection, she sometimes took an over-the-counter antidiarrheal medication before going out. "It helped for the night, but I didn't want to depend on that all the time," Evelyn says.

Evelyn's doctor, Robert Noone, MD, a colon and rectal surgeon at Lankenau Medical Center, referred her to Marc Toglia, MD, FACOG, a urogynecologist at Paoli and Riddle

Hospitals. In May 2012, Dr. Toglia implanted a small device in Evelyn that electrically stimulates the nerves that help control the muscles related to bowel function. The technology, known as InterStim Therapy®, has long been used to treat urinary incontinence but is now approved to treat fecal incontinence.

InterStim Therapy—also known as neurostimulation therapy—dramatically improved Evelyn's quality of life.

"I didn't let the incontinence consume me, but I was getting worn out from it," Evelyn says. "Now, my condition is about 95 percent better. I truly feel blessed that the InterStim is working as well as it is."

Expertise and Experience

Main Line Health offers advanced treatments that can help women suffering from incontinence get their life back.

Dr. Toglia, system chief, Division of Female Pelvic Medicine and Reconstructive Pelvic Surgery at Main Line Health, was one of the first surgeons to use InterStim Therapy in the Philadelphia area, beginning in 1999.

"I didn't let the incontinence consume me, but I was getting worn out from it."

"Neurostimulation therapy gives new hope to people who haven't had success with other incontinence treatments, such as dietary modification and medication," Dr. Toglia says. "This technology doesn't cure incontinence, but it can give patients the control they need to enjoy life again."

Types of Incontinence

Women with fecal incontinence have frequent or sudden urges to have a bowel movement, as well as bowel leakage. The cause can be an injury to the pelvic floor muscles that occurs during pregnancy or childbirth. It can also be caused by a stroke or nerve or muscle damage associated with conditions like multiple sclerosis.

Urinary incontinence can occur when the urethra becomes weakened, often during pregnancy, childbirth, or menopause. It can also occur if the bladder becomes "excitable" and contracts involuntarily, Dr. Toglia says.

Several types of urinary incontinence affect women. These include:

- **Stress incontinence:** Leaking small amounts of urine with such activities as coughing, laughing, or exercising
- **Urge incontinence:** A sudden urge to urinate
- **Overflow incontinence:** Leaking urine because the bladder is overfilled

More than **5.5** million Americans have bowel incontinence.

LADIES ROOM



How InterStim Works

Neuromodulation therapy is performed in about an hour under intravenous sedation and a local anesthetic. Dr. Toglia first inserts a wire electrode through a small incision in the lower back. For the next week, the neurostimulation is controlled by a small external device that the woman wears on her belt-line. The temporary neurostimulator sends small electrical pulses to the nerves that stimulate the pelvic floor muscles that help control both bladder and bowel function.

If the therapy is successful, a second short procedure places the neurostimulator implant underneath the skin through a small incision in the upper buttock. The doctor then programs the device to deliver the proper stimulation. Patients learn to adjust the settings as needed.

Several months after surgery, Evelyn's problem had all but disappeared. "Dr. Toglia is a compassionate person who really wants to make things better for you," she says. "It's been a very positive experience." ●



Get the Facts

Learning about incontinence can give you the courage to discuss it with your doctor. Visit mainlinehealth.org and type "incontinence" in the search box to read more about this common condition and the treatment options we offer.

Hold It: Exercising Your Pelvic Floor Muscles

Here's a treatment for incontinence that doesn't cost anything and can be done at home: Pelvic floor exercises, also known as Kegels.

"The pelvic floor muscles surround the vagina, bladder, and rectum," says Allison Flanley, DPT, a physical therapist at Lankenau Medical Center who is specially trained in pelvic floor muscle dysfunction. "Strengthening these muscles when they've become weakened or damaged can help lessen urine leakage. Kegel exercises are also a treatment for fecal incontinence."

To do Kegels, tighten your pelvic floor muscles so you feel your vagina and anus move up toward your abdomen. Pretend you're stopping the flow of urine, then hold it and relax.

For some women this is easy to do; for others, not so much. That's where Flanley comes in. At Lankenau, Flanley works individually with incontinence patients in a private treatment room to help them identify and exercise their pelvic floor muscles. Before starting therapy, she physically evaluates the patient's pelvic floor muscles and develops a treatment plan. Therapy is weekly, usually for two to six weeks, and patients are given exercises to do at home.

Pelvic floor muscle therapy is also offered at Riddle Hospital. Patients work with Deborah Wiegand Snyder, PT, a physical therapist who has received special training in urogynecology and women's health issues.

HOSPITAL *updates*

Riddle Hospital **New OB/GYNs Seeing Patients in Glen Mills**

As we grow to meet the health care needs of women, Riddle Hospital welcomes Lauren Castleberry, MD, and Jie Xu, MD. The two physicians are part of Main Line HealthCare Riddle OB/GYN Associates. Dr. Castleberry completed her residency at Rush University Medical Center in Chicago and is fluent in Spanish. Dr. Xu completed his OB/GYN and chief residency at Hahnemann University Hospital at Drexel University College of Medicine in Philadelphia. Dr. Xu is fluent in Mandarin. The practice recently opened an office in Glen Mills and also has convenient locations in Media, West Chester, and Broomall. For appointments, call 610.891.6240 or visit mainlinehealth.org/RiddleBirthplace.

Paoli Hospital **ED Tops in Patient Satisfaction**

The Emergency Department (ED) at Paoli is ranked in the top one percent of hospitals its size for patient satisfaction in a recent national survey by Press Ganey. "At Paoli, we pride ourselves on our personalized care. With nearly 41,000 visits to our ED each year, for conditions ranging from routine to life threatening, we are thrilled our patients are having such a positive experience," says Rosemary Wurster, RN, nurse manager of Paoli's ED. As Chester County's only trauma center, the ED is staffed 24/7 by a specially trained team of trauma, orthopaedic, and neurologic surgeons, nurses, and more. It also features a fast-track area for minor issues, private rooms, ample parking, and a kids' area. Learn more by visiting mainlinehealth.org/paoli.



WOMEN'S HEALTH SOURCE *calendar of events*



Registration is required for most programs. To register, call toll-free 1.888.876.8764 or visit mainlinehealth.org/events, where you'll find a complete list of classes. Main Line Health events are FREE unless otherwise noted!

"Centered on Your Health"

Being healthy means more than just being physically active. The simplest, most cost-effective way to stay healthy and prevent illness and injury is through knowledge. Lankenau Medical Center physicians lead the "Centered on Your Health" seminar series at the Kaiserman Jewish Community Center in Wynnewood to discuss timely wellness topics, provide expert insight, and offer tips to help support a healthy lifestyle. Each seminar will include a Q&A period.

● **Game-Changer: Sports-Related Concussions—Dispelling the "Shake-It-Off" Mentality**, with Demetri Menegos, DO, Main Line Orthopaedics and Sports Medicine
April 9 from 7 to 8 p.m.

● **Beyond the Purple Pill: Go from Reflux to Long-Term Relief**, with Patricia Wong, MD, medical director, Women's Digestive Health Center at Lankenau Medical Center
May 23 from 7 to 8 p.m.

● **Prostate Cancer Myths and Facts**, with Albert S. DeNittis, MD, chief of Radiation Oncology, Lankenau Medical Center

June 4 from noon to 1 p.m.

All seminars are free; however, registration is required.

Call 1.888.876.8764 to register.

Senior Supper Club at Paoli

Paoli Hospital presents fun, social evenings for adults ages 60 and older. The events begin at 5 p.m. and include a nutritious meal and healthy program presented by Paoli Hospital staff.

● April 10: Achy Joints

● May 8: Senior Urology Disorders

● June 19: Senior Oncology

Fee is \$7 per person. Register by calling 1.888.876.8764.

Senior Supper Club at Riddle

This monthly event features a meal and an informative presentation about healthy living for older adults. Held on the fourth Wednesday of every month at 4:30 p.m. in Java City, adjacent to the Main Lobby in Riddle Hospital.



Like Us on Facebook!

View more upcoming events, connect with Women's Health Source members, and read the latest women's health news on Facebook! Search for Women's Health Source at facebook.com.



Registration is required for most programs. To register, call toll-free 1.888.876.8764, or visit mainlinehealth.org/events, where you'll find a complete list of classes. Main Line Health events are FREE unless otherwise noted!

- April 24: **Sleep Through the Ages**, with Peter Allen, BS, RST
 - May 22: **Senior Health & Fitness**, with Katy Palotis, exercise physiologist
 - June 26: **Safety First**, with Angela Schott and Eugene Smith, EMT-P
- Fee is \$7 per person. Register by calling 1.888.876.8764.

Lankenau Medical Center AngioScreening® Program

This simple, noninvasive vascular screening gives you information about your risk for heart attack, stroke, aortic aneurysm, and peripheral artery disease. The test will be offered weekly at the Main Line Health Center in Broomall and Lankenau Medical Center:

- April 11 in Broomall
- April 16 in Broomall
- April 23 at Lankenau
- May 2 at Lankenau
- May 7 in Broomall
- May 16 in Broomall
- May 21 at Lankenau
- May 30 at Lankenau

Fee is \$50. For more times or to register, call 1.888.876.8764.

Older Americans Events

In May, join us for a month of events geared toward seniors. For details, call 1.888.876.8764 or visit us online at mainlinehealth.org/RiddleOlderAmericans.

BEFORE THE BUMP: Preparing Your Body and Budget for a Baby

If you're thinking of having a baby, this event is for you! Come and meet Main Line Health OB/GYN, reproductive, and financial experts who can help women and their partners prepare for pregnancy. Presented by Women's Health Source and led by Main Line Health OB/GYN Chief Nancy S. Roberts, MD, the topics include:

- Budgeting for Baby
- Genetic Screening
- Preconception Counseling
- Infertility and Treatment Options
- Labor and Delivery

The event will be held Saturday, April 13, 8:30 a.m. to noon at Riddle Hospital. Register by calling 1.888.876.8764 or sign up online at mainlinehealth.org/events.

GO WilMa! Get Outside & Explore the Earth Summer Reading & Wellness Program

Kids going into kindergarten through fifth grade are welcome to attend this fun program put on by Paoli Hospital, Willistown, and Paoli and Malvern libraries, offering activities, safety tips, nutrition, community scavenger trail, prizes, and more!

Registration starts June 13; the program runs June 17 through August 21. Learn more by calling 610.644.7259 or 610.296.7996.

Wellness Wednesdays at Lawrence Park

Join us for a free monthly seminar in which we explore timely topics to help you prevent illness and injury. Physicians from Lankenau Medical Center provide expert insight and offer tips to help you lead a healthy lifestyle. Times and topics vary.

Call 1.888.876.8764 or visit mainlinehealth.org/events for the seminar schedule. Main Line Health Center in Broomall, Lawrence Park Shopping Center 1991 Sproul Road

HOSPITAL updates

Bryn Mawr Hospital Earning an "A" in Patient Safety

Bryn Mawr Hospital received an "A" grade for patient safety excellence for both the spring and fall of 2012 by the Leapfrog Group, which awards letter grades for safety to more than 2,000 U.S. hospitals. The not-for-profit quality organization grades hospitals using Hospital Safety Scores as determined by hospitals' performance on 26 measures of safety data from nine of the world's top experts in patient and hospital safety. Bryn Mawr Hospital is among 790 U.S. hospitals to demonstrate excellence in patient safety in 2012. To learn more about the hospital, visit mainlinehealth.org/bmh.

Lankenau Medical Center Spine Center Experts Ease Recurring Pain

Suffering from unrelenting spinal pain? The Spine Center at Lankenau can help. Scott Rushton, MD, medical director of the Spine Center, is an orthopaedic surgeon with specialized training in spine surgery and extensive experience in spinal disorders. He develops a personalized care plan for every patient to help relieve pain and improve mobility. The center provides state-of-the-art care for all spine disorders, including herniated disks, spine deformities, degenerative conditions, tumors, infections, and chronic diseases of the spine. The Spine Center provides surgical and nonsurgical treatment options to put you on the road to recovery. For an appointment, call 610.642.3005.



Living Your Best Life: Navigating Women's Issues in Epilepsy

More than 1 million women and girls in the U.S. live with epilepsy. If you're one of them, you understand the unique challenges the disorder can cause. Hormones, pregnancy, and birth control can all affect epilepsy. But it's possible to overcome these issues and lead a healthy, fulfilling life.

Douglas Maus, MD, PhD, is a neurologist and epilepsy specialist at Lankenau Medical Center. He explains that while epilepsy affects women differently than men, not all women have the same experiences.

"Epilepsy is not a one-size-fits-all disorder. The key is to find a doctor who truly understands women's issues and is willing to work closely with you," says Dr. Maus.

The Hormone Connection

Female hormones, including estrogen and progesterone, act on cells in the area of the brain where seizures often

begin. As a result, fluctuation in hormones can affect seizure patterns. For example, some women are more prone to seizures at the beginning of their menstrual cycle. Others may have fewer seizures after menopause.

"Although it's not completely understood, there is a connection between hormones and seizures," explains Dr. Maus. "Track your seizures and talk with your doctor if you suspect a hormone connection. Your medication can be adjusted to help control it."

Birth Control and Pregnancy

It's important to know that anti-epilepsy medication can interfere with some types of contraception, making them less effective. Ask your doctor about your options. In some cases, your birth control medication can be adjusted to provide effective protection. It may also be wise to use a condom or diaphragm.

Some women with epilepsy are

hesitant to have children because they worry their medications will interfere with fetal development. But according to the Epilepsy Foundation, more than 90 percent of babies born to women with epilepsy are normal and healthy. The percentage is even higher for women who plan their pregnancy with the help of a neurologist.

"There is no reason that a woman with the disorder can't do everything that any other woman can do—work, have a family, and lead a meaningful life," says Dr. Maus. ●

Expert Care for Epilepsy

Main Line Health neurologists offer comprehensive care for a variety of nervous system disorders. To find a specialist, visit mainlinehealth.org and click on Healthcare Services, then Neurology.

Cranberry Vegetable Risotto

Herbs, fruit, and vegetables make this a colorful dish.

- 2 tbsp. butter
- 1 small onion, diced
- ¾ cup arborio rice
- 1 cup low-sodium vegetable broth
- 1 cup portobello mushrooms, sliced
- 1 cup asparagus, diced
- ¾ cup sweetened dried cranberries
- 2 tbsp. fresh basil, minced
- 1 tbsp. Parmesan cheese



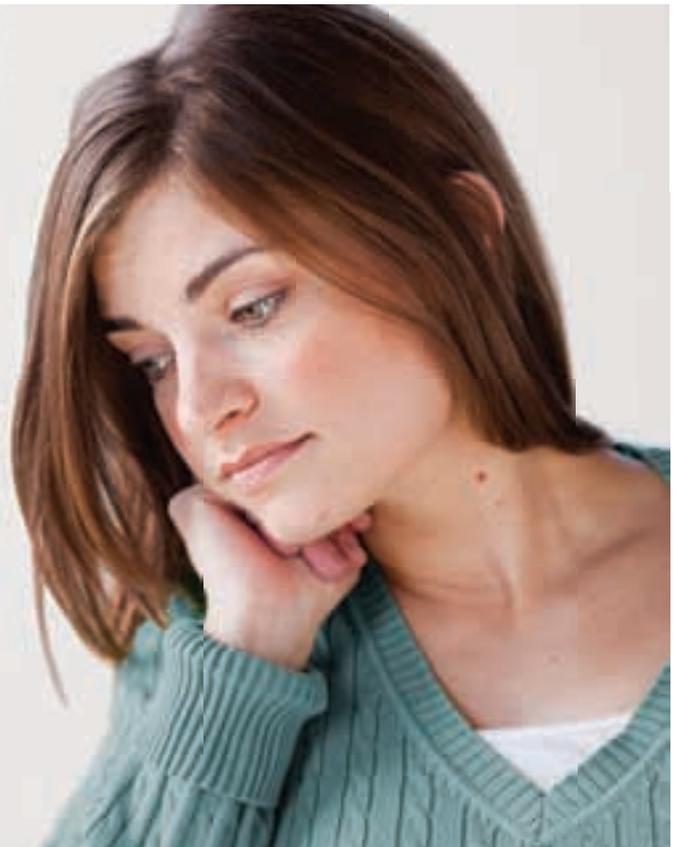
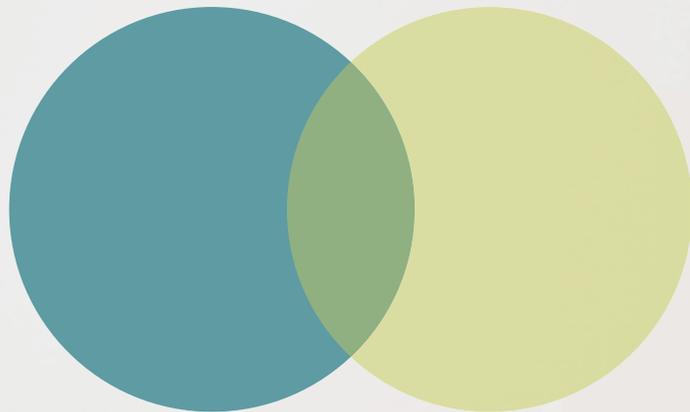
Get Inspired

Try a new dish this week!
Visit our Well Ahead
Community recipe blog:
community.mainlinehealth.org.

1. Preheat oven to 425 degrees. Grease a medium casserole dish.
2. Melt butter in a large saucepan. Add onion and cook over medium heat until soft.
3. Add rice; cook for two minutes.
4. Add broth; bring to a boil for four minutes.
5. Stir in remaining ingredients, except Parmesan cheese. Pour mixture into casserole dish.
6. Cover and bake for 30 minutes. Stir in cheese. Serve immediately.

Makes six servings. Each serving contains 280 calories, 5 g fat, 3 g saturated fat, 10 mg cholesterol, 200 mg sodium, 55 g carbohydrates, 4 g dietary fiber, 17 g sugars, 5 g protein.





Hand in Hand: Treating Trauma and Substance Abuse

There's a strong connection between emotional and psychological trauma and substance abuse. The use of drugs and alcohol can be the result of unresolved trauma. As medical professionals have come to recognize this, it's led to a greater effort to find ways to treat trauma in early recovery, informed by a growing understanding of the neuroscience behind both trauma and addiction.

Some people are well aware that they've been traumatized, while others can't see it. In trauma, it's not what happened; it's how the event was experienced. What makes an event traumatic is the feeling of being trapped, powerless, and overwhelmed.

Was It Traumatic or Not?

Choose a difficult memory for you—perhaps an accident, a great loss, or an incident of emotional, sexual, or physical abuse. Answer these simple questions if you feel that trauma is fueling your substance abuse problem:

- When you remember the incident, does the memory come up exactly the same every time?

- Does the incident feel emotionally charged?
- If you let the memory completely play out, do you experience similar emotions and bodily sensations as you did at the time of the incident?
- Does it ever feel like it's happening in the present?
- Does it feel as though all or some part of the memory remains unfinished?

If you answered “yes” to one or more of these questions, the memory is likely a traumatic one. Although one traumatic memory doesn't necessarily constitute a diagnosis of post-traumatic stress disorder, it does mean your brain hasn't adequately processed the event. This is why it continues to cause you distress.

Treatment for Underlying Trauma

Main Line Health's Mirmont Treatment Center has taken the lead in the field of substance abuse treatment by distinguishing itself as a trauma-competent facility. Mirmont's therapists

have been trained in the physiology, neuroscience, and diagnosis of traumatic stress. They provide state-of-the-art treatment designed for working with the underlying trauma that not only coexists with substance abuse, but often fuels it. Both the inpatient and outpatient programs are designed to work with men and women who have been traumatized so they can get the help they need, experience hope, and begin healing. ●



Help and Hope

If you, or someone you know, suffers from alcohol or drug dependency and trauma, please let us help. Connect with us online or by phone at mainlinehealth.org/mirmont or 484.227.1400.

A 'Whole Woman' Approach to Breast Cancer

When a woman is diagnosed with breast cancer, she needs a health care team that offers not only clinical expertise, but also comfort and support. This multidisciplinary approach is what she can expect at the Cancer Center of Paoli Hospital and its locations in Exton and Collegeville. "We've woven together a continuum of care designed to treat the whole woman, not just the disease," says Susan Zuk, RN, MSN, director, Cancer Center.

Providing Peace of Mind

The continuum of care begins with digital mammography at the spa-like Holloway Breast Health Center at Paoli. Marti Stine, 61 and a grandmother of two, visited the Breast Health Center for yearly mammograms. In July 2012, the Malvern resident's results were suspicious; more testing showed cancer.

"The words 'you have breast cancer' can change a woman forever, but our team provides peace of mind matched

with high-level expertise. In fact, we exceed National Cancer Database patient outcomes for breast cancer overall," says Robert Fried, MD, medical director of the Breast Health Center. Dr. Fried, along with Breast Nurse Navigator Meghan Walker, RN, MSN, and the Cancer Center team, educate patients about their diagnosis, guide them to make informed choices, and offer emotional support.

Treating Body, Mind, and Spirit

Marti had a lumpectomy to remove the tumor, and biopsies revealed it was more invasive than initially thought. After surgery, Marti began chemotherapy at the Cancer Center. "When I called to set up my treatment, the first thing they told me was that I was not alone," remembers Marti. "I just cried. The support is amazing."

Marti was able to incorporate complementary therapies with her traditional medical care thanks to the Unite for



The continuum of care begins with digital mammography at the Holloway Breast Health Center. Robert Fried, MD, medical director, and Meghan Walker, RN, MSN, breast nurse navigator, help patients like Marti make informed choices.



Marti Stine (left), who completed chemotherapy in January to treat breast cancer, shares her questions with Michael Dabrow, DO, medical director of the Cancer Center of Paoli Hospital, a Fox Chase Cancer Center Partner. The Cancer Center received the Gold Seal of Approval for excellence in breast cancer care by The Joint Commission.

HER Integrative Care Program at Paoli Hospital, the only one of its kind in Chester County and the surrounding area. Available to all Paoli patients with breast cancer, it provides access to yoga, nutritional counseling, acupuncture, and more. These therapies can help reduce stress, alleviate the effects of treatment, and restore well being.

During each chemotherapy session, Marti met with her health care team to review her treatment and progress. She received a therapeutic massage and participated in art therapy, using visual images to express her concerns and focus on positive thoughts. She and other patients shared their experiences during support group sessions.

"Having cancer makes you feel out of control," says Marti. "But taking a proactive approach helps. The Cancer Center helped me do that." ●



Time for Your Test?

Don't put off a lifesaving mammogram. Schedule an appointment today by calling 484.580.1800.

Exercise Breaks Prevent Workplace Aches



How do you stay active in the office?

Visit the Women's Health Source Facebook page to share your tips.

If you're like most Americans, you spend about 2,000 hours at work every year. And if you sit at a computer most of those hours, you may have sore wrists and an aching back to show for it.

Sitting for hours at a time has been linked with weight gain, type 2 diabetes, heart disease risk factors, and unhealthy eating habits. Every hour or two, boost your circulation by taking at least a five-minute break from sitting.

"Short, strategically spaced exercise breaks can help relieve the eyestrain and musculoskeletal pain associated with working at a computer for prolonged periods of time," says Troy Norton, physical therapist and outpatient operations manager at Bryn Mawr Rehab Hospital.

Make time for these relaxing moves:

- **Deep breathing.** Stand, placing one hand on your abdomen and one on your chest. Breathe in slowly through your nose, hold for four seconds, and then slowly exhale through your mouth. Repeat several times.
- **Executive stretch.** Sit down and bring your hands behind your head, with your elbows as far back as possible. Intertwine your fingers. Lean back, stretch, and inhale deeply.

Hold this position for 20 seconds, then relax and repeat once. "You should stretch two to three times a day," Norton says. "Only stretch to the point when you feel pressure—not pain."

- **Hand shake.** Sit in your chair and let your arms fall to your sides. Shake your hands gently downward. Repeat this stretch frequently throughout the day.

Get as much exercise as you can before, during, and after work to balance all the sitting. For example, instead of munching at your desk or visiting a restaurant, grab a quick meal and take a brisk walk.

"Exercise breaks have been found to improve productivity and efficiency, and also to reduce medical claims," Norton says. ●

How Healthy Is Your Office?

Bryn Mawr Rehab Works offers ergonomic assessments with a doctor's prescription. The assessment looks at posture, seating, computer positioning, and overall workspace organization. Learn more by calling 484.596.5686.

Keep an Eye Out for Glaucoma

In the beginning, you don't notice any symptoms. But in time, your peripheral vision worsens. Your field of vision eventually narrows so much that you seem to be looking through a tunnel.

In glaucoma, the eye's drainage canals stop working properly. This causes fluid pressure to build up, damaging the optic nerve. Untreated glaucoma can cause irreversible blindness.

"Glaucoma can be detected only through an ophthalmic exam focusing on visual acuity, peripheral visual field, and an optic nerve evaluation," says Aaron Cohn, MD, ophthalmologist at Riddle Hospital. "Family history is one of many risk factors." Other people at risk include:

- Everyone older than age 60, especially Mexican-Americans
- African-Americans older than age 40
- People with diabetes

Those at high risk should have an eye exam every two years. This won't keep you from getting glaucoma, but early detection and treatment, before major vision loss occurs, is the best way to control the disease.

Treatment is lifelong. Pills and eyedrops can reduce eye pressure and help preserve sight. Laser surgery also has been successful in controlling eye pressure. "Whether to perform a procedure like selective laser trabeculoplasty, or SLT, is determined based on multiple factors," says Dr. Cohn. The new SLT laser at The Eye Center at Riddle Hospital is different from earlier lasers in that it can be used repeatedly with few ill effects.

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NAVIGATING YOUR HEALTH CARE

Doctor Dialogue: The Most Effective Way to Communicate

You and your doctor have so much to talk about—and so little time. Here's how to maximize the minutes spent in the exam room.

Start by making a list of all the medications you take, including over-the-counter drugs and supplements. Next, list your medical concerns. "If symptoms such as insomnia or headaches are on your list, write down when they occur and what you've tried to alleviate them," advises Patricia Montgomery, MD, with Main Line HealthCare, Newtown Square.

Plan to take notes during your visit. You can also find out before your visit whether it is OK to tape your conversation. It's easier to digest complicated information if you can review it afterward.

If your doctor suggests a new prescription, ask exactly how and when to take the drug. Other important questions:

- When can I expect to feel better?
- When should I report back?
- Will the new drug replace any other medicines I take?
- Should I avoid any drinks, foods, or other things while using it?
- How should I store the medicine?

"Speak up if a medication doesn't work or causes side effects," says Dr. Montgomery. "There's usually a good substitute."

Pump Up Your Routine for Heart Health



your maximum heart rate is 180. Your target range is 50 to 75 percent of that number, or between 90 and 135 heartbeats per minute.

To see if your heart rate is within your target range, count how many times your heart beats per minute during your workout. Stop during your workout and count your heartbeats:

- Find your pulse on your neck or wrist.
- Use your watch to count your pulse for 15 seconds and multiply by four.

"Exercise is getting your heart rate up to 70 to 85 percent of your maximum predicted heart rate for a minimum of 20 minutes, three times a week," says Michael DeAngelis, MD, with Main Line HealthCare Cardiology in Roxborough. "Start out with a target of 70 percent and gradually work your way up to 85 percent maximum effectiveness to improve your exercise tolerance and get a good workout." ●

Move Your Body

Ready to start an exercise routine? It's always good to check with your primary care physician or cardiologist first. For a physician referral, call 1.888.876.8764 or visit mainlinehealth.org.

How can you be sure your heart is getting a good workout? The American Heart Association recommends exercising 30 minutes a day, five times a week.

During exercise, another key number to know is your target heart rate. To calculate the range that's right for you, subtract your age from 220. The result is your maximum heart rate. For example, if you're 40 years old,



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